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metroNEWS

KEVIN TUONG/FOR METRO

‘The worst air quality in Canada’

ENVIRONMENT

Minister vows quick action to address results of national test



Tim Querengesser
Metro | Edmonton

A national testing program has found Alberta will soon have the worst air in the country, and it's prompting the minister of environment to promise quick action.

Shannon Phillips said the high levels of fine particles in the air pose no immediate health risk but require immediate action.

Otherwise, Phillips said, “We are on track to have the worst

air quality in Canada.”

Phillips promised a quick plan to address the situation and added the government is considering emissions standards for vehicles as part of its effort to rewrite Alberta's climate-change policy.

That could be music to the ears of Chris Severson-Baker, a director at the Pembina Institute.

Severson-Baker explained many solutions for curbing climate change in Alberta also improve air quality.

“In the short term, an accelerated transition away from coal power would considerably reduce air pollution in many of the key hot spots,” he said.

Results released Wednesday show the Red Deer region has exceeded levels for fine particulate matter.

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'I'm one of the lucky ones'

HEALTH

Woman opens up about effect of fetal alcohol disorder



Andrea Ross

Metro | Edmonton

Val Bate hit rock bottom before being diagnosed in 2004 with fetal alcohol spectrum disorder.

After her brother was murdered and her mother died of suicide, she became an alcoholic and lived on the streets. She struggled her whole life to overcome the effects of being born to a mother who drank while pregnant.

Not wanting to cause more harm to her family, Bate decided to leave her husband and two children.

"If I could put all my life in a nutshell, basically it was hell," the 56-year-old said on Wednesday, International FASD Awareness Day.

"I had a hard time in school, interacting with others, grasping reality, and I had poor coping skills. It was a mess."

Being diagnosed with FASD in 2004 and seeking treatment is what saved her life, Bate said.

"Drinking during pregnancy does harm us. I'm serving a life sentence in my brain," she said. "But I faced my truth, and I'm



Val Bate suffers from FASD, but says resources available in Alberta have helped her to live a normal life and to deal with her own alcoholism. KEVIN TUONG/FOR METRO

not doing too bad because I reached out to the right people."

FASD includes a range of conditions that can result from a mother drinking while pregnant. Alcohol exposure to unborn children can cause lifelong physical, cognitive, behavioural and emotional issues.

There is no cure. An estimated 46,000 people — almost one in 100

— are living with FASD in Alberta, Human Services spokeswoman Roxanne Dube-Coelho said. Many of them need help with mental health issues, so

cial services, housing, education, training, addiction and family support.

And while it's difficult to tell whether FASD is increasing or decreasing in Alberta, numerous resources are available to prevent the problem and help those living with it, she said.

Many, like Bate, are diagnosed later in life.

"Diagnosis is very hard, because

12

The number of FASD support networks funded by the Alberta government.

25

Number of communities in which the Parent-Child Assistance Program is offered. It helps women struggling with alcohol and drug addictions.

80

Percentage of women planning pregnancies or having healthy babies after participating in the PCAP.

it's not like you can do a blood test and just know," Dube-Coelho said. "You have to have confirmed alcohol use during pregnancy and the mother has to be able to talk about how much she drank during pregnancy.

"But we do know that with support, women who have been drinking during pregnancy can still have a healthy baby."

Peer pressure, economic difficulty and unstable relationships are some of the many factors that could lead a woman to drink while pregnant, Dube-Coelho said. But support for expectant mothers is key to preventing FASD, because women are less likely to seek help if they feel shamed or stigmatized.

"It doesn't matter what your circumstances are in life," she said. "You can still feel pressure to drink and therefore you need to have that support."

Bate is celebrating 10 years of sobriety on Sept. 19 with a road trip to Vancouver. It's a milestone she once wasn't sure she would reach, she said.

"I've realized how many people don't want to talk about it because they don't want to put shame or blame

on anyone," she said. "But (stop drinking) the minute you find out you're pregnant. Our lives are important, regardless of who we are."

"It's terrible to live with this, but I'm one of the lucky ones."

BYLAW

E-cig stores exempt from rule



Ryan Tumilty

Metro | Edmonton

E-cigarette shop owners can breathe easier after city councillors paved the way Wednesday to give their stores an exemption to its new anti-vaping bylaw.

The bylaw, which will now come back in October for a final vote, proposes to ban e-cigarettes anywhere smoking is banned.

Atul Kalia, owner of Lifestyle Cig, said allowing customers to test his products in the store is incredibly important.

"The most difficult thing for anyone walking in the door the first time is not getting an education and being able to understand what this product is about," he said.

Kalia said while he wouldn't want to use an e-cigarette in a restaurant or bar, he does wish council had written a law that recognized vaping is not like smoking. Nevertheless, he said, he's pleased with the change.

"It's a win for our business and community."

Coun. Bryan Anderson, who proposed the change, said he knows some people are using e-cigarettes to help them quit smoking tobacco. "I would hate myself if there were people out there who found a way to quit ... and I stood in their way," he said.

Coun. Dave Loken said the evidence on vaping so far has been inconclusive, but he believes the bylaw is "a good compromise."



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Guide to assisted death

DOCUMENT

Medical and public input sought on draft policy

The organization that regulates Alberta doctors says it is taking a "conservative" approach to the issue of physician-assisted death.

The College of Physicians and Surgeons has released what it calls a "draft advice document" that focuses on issues such as consent and on the right of doctors who for religious or moral reasons don't want to help a patient to end their life.

The document follows a Supreme Court ruling last February that struck down the federal law against physician-assisted dying for competent adult patients enduring intolerable suffering.

"Physicians should err on the side of caution during this time of legislative uncertainty," reads one of the guiding principles in the college's advice document.

"Physicians' right to freedom of conscience should be respected," reads another.



Linda Jarrett applauds Wanda Morris, CEO of Dying with Dignity, after the Supreme Court struck down a federal law against doctor-assisted death in February. Alberta doctors are seeking advice on how to interpret the court's ruling. THE CANADIAN PRESS

Other guidelines include that doctors have an obligation not to abandon their patients or obstruct access to legally permissible health services.

Dr. Trevor Theman, the college's registrar, said it wants feedback from medical profes-

sionals and the public before it updates the policy in December.

He said it is important to tread carefully.

"We think that physicians should be conservative in terms of offering the service and in their discussions with patients,"

Theman said Wednesday.

"One of the risks, to be select blunt about this, to the medical profession, is that we lose the public trust or the public trust is damaged if physicians are not very careful how they take on this new

We have heard certainly that there is a lot of angst within the medical community.

Dr. Jeff Blackmer, Canadian Medical Association

authority, this new duty."

Theman gave two examples of Alberta's approach in interpreting the Supreme Court ruling.

The college said the high court did not define what it means by a "competent adult." The college said it is defining competent adult as someone who can legally give consent, which excludes anyone under the age of 18, including mature minors.

Theman also said advanced directives, in which a family member or agent could request a doctor's help with dying for someone who is not competent to speak for themselves, would be excluded in Alberta.

THE CANADIAN PRESS

IN BRIEF

Thales fires back over signalling system

The Metro Line is now running without major problems — though at half-speed — but tensions flared again between the city and its signalling contractor Thales Wednesday.

In a prepared statement, the company said its signalling is working "perfectly as designed and as delivered."

But the contractor also took a dig at Mayor Don Iveson, who addressed media Tuesday and said the system was working acceptably, but not quite finished.

"(We) are very disappointed by the mayor's misinformed remarks.... Neither Thales nor the system is preventing the operation from running at speed."

BRAEDEN JONES/METRO

Chiarelli to head U23 World Cup team

The Oilers announced Wednesday its general manager, Peter Chiarelli, has been named one of two GMs to run the under-23 North American team for next year's World Cup of Hockey. METRO

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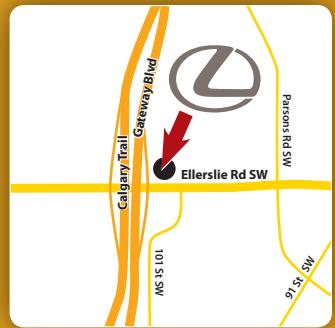
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POLITICS

Prayer out, silent reflections are in



**Ryan
Tumilty**
Metro | Edmonton

Edmonton councillors will have to hope for guidance instead of praying for it, after they voted to replace the traditional opening prayer with a moment of silent reflection Wednesday.

In the spring, the Supreme Court forced the change for councils across the country, with a ruling against a Quebec town that opened its meetings with a Catholic prayer.

We're here to do a job, we're all elected, let's just get on with it.

Coun. Michael Oshry

Edmonton's meeting has opened with a prayer since 1978, but has invited a variety of faith groups to take part.

Coun. Tony Caterina said he didn't see why the city had to abandon the prayer considering it had always respected all faiths.

"I don't think we need to change," he said. "If the Supreme Court has a problem

with this than they can give me a call."

He said he worried about the extension of the idea the city had to be completely devoid of faith traditions.

"I hope this doesn't have any recommendations that we can't have a city chaplain doing things for the city."

Mayor Don Iveson said regardless of what councillors thought about the decision, they had no choice but to follow it.

"It's important for us to be consistent with the law of the land, which includes this decision of the court."

Coun. Mike Nickel and Coun. Michael Oshry were the only dissenting voices. Nickel wanted to keep the prayer. Oshry was fine dropping it, but also saw no need for the moment of silent reflection.

"We're here to do a job we're all elected let's just get on with it," he said at council.

IN BRIEF

Municipal government found to fail community

Alberta is shaking up the government of a small community north of Edmonton after a review found its council was failing as a leadership body.

Last summer residents of Thorhild County petitioned the province for an inquiry into the conduct

of council and its chief administrative officer.

A report commissioned by the municipal affairs department found laws were not being followed, biased decision making, bad spending practices and poor working relationships among some councillors.

THE CANADIAN PRESS



The city heard and agreed with a report Wednesday that advised against changing plans on the Valley Line LRT.

BRAEDEN JONES/METRO

A bridge too far

PUBLIC TRANSIT

Council opts not to add new connections to Valley Line



**Braeden
Jones**
Metro | Edmonton

City councillors opted Wednesday not to add bridges or tunnels to the upcoming Valley Line project as a way of easing potential traffic snarls, after they learned doing so could delay the project by a year.

A council motion for admin-

istration to look into adding tunnel and bridge options for the future line came during the same meeting last week where council learned the Metro Line could create serious traffic delays.

"Doubts were raised after last week's abysmal performance from our transportation department and that caused us to ask some tough questions about whether some of the same issues arose on the Valley Line in its planning," Mayor Don Iveson said Wednesday.

But, he said, the new transportation report council received has "helped to put council's mind at ease" that the Valley Line's proposed design has dealt with many of the traffic concerns the

Doubts were raised after last week's abysmal performance.

Mayor Don Iveson

Metro Line recently highlighted.

Administration also advised council not to change Valley Line plans this far into the game because it would interrupt the city's search for a contractor-partner.

That search is in its final stages and the city has been working with three potential partners and expects to pick one by November.

Administration was concerned, and council agreed, that delaying the contractor's bidding would cost time — about one year — and more money.

Iveson added that it could also chase away contractors.

"It might send the signal the city is not committed to the project, when I think quite clearly we heard from council today that we are," he said.

Rather than over-engineering solutions to pack traffic and trains into the same area, Iveson said, solutions to lessen congestion would likely take the form of dealing with traffic changes around the track by increasing the traffic flow on nearby roadways, like 75 Street.

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WESTJET

Alberta working with U.S., U.K. on new climate policy

ENVIRONMENT

Minister aims to 'refurbish' reputation of oil industry

Alberta's environment minister is acknowledging the provincial government is coming under more international pressure to improve its record on climate change.

"I've had meetings with the U.K. consul general and with the Americans as well," Shannon Phillips told reporters Wednesday. "There's a real appetite for Alberta to be a global leader on energy development."

Phillips spoke at a conference on the province's climate policy sponsored by the Pembina Institute, a clean-energy think-tank. After her speech, she said talks with other countries have been productive.

"Those kinds of conversations are collaborative," she said. "People have said things like, 'How can we help?' and I think that's the right approach. There's no demands and requests."

But that collaborative approach won't let Alberta off the hook, she added.

"We don't have choice in this matter. We have to refurbish our global reputation and we know we can."

That no-choice tone prevailed in her remarks before an overflow crowd of several hundred at the conference. The world's approach to energy is changing, she said, and Alberta must change with it.



Shannon Phillips says change denial is over, and there is a real appetite for the province to be a global leader on energy development. THE CANADIAN PRESS

"It is our choice whether we want to participate in that transition or sit on the sidelines."

The province is currently rewriting its climate change policy. It expects a report from an expert panel later this fall, in time to talk to a major international conference on the issue in Paris in December.

Phillips promised that policy will be both effective

We are the people in the sacrifice zone. That has to stop.

Allan Adam, Athabasca Chipewyan First Nation

and credible.

"Governments in Alberta and around the world have been setting ambitious and, in some ways, arbitrary goals for years."

"We want to set goals that will make a real difference. Then we will take it one step

further. We will do the unexpected."

"We will achieve those goals."

The stakes are high, said Phillips.

"Our credibility is crucial to our economic future."

Chief Allan Adam of the

Athabasca Chipewyan First Nation — an aboriginal band that lives in the oilsands region — told the conference that the environment around his community of Fort Chipewyan can't take any more industry.

"We are feeling the effects of development far more than usual," said Adam, who added that the Athabasca River is far lower than its traditional levels. THE CANADIAN PRESS

INNOVATION

Lego: a neat way to engage

Braeden Jones
Metro | Edmonton

An innovative method of sparking discussion using Lego is just one of the creative solutions being presented at the Ignite Edmonton this week — but it's probably the most fun.

Led by Ben Weinlick, founder of Think Jar Collective and leader of social innovation at the Skills Society, the workshop he calls "Serious Play" is, in his own words, "a disciplined process to get people to think through their hands."

"In some ways there is a real possibility the tool could be used for better public engagement around all kinds of issues, from policy solutions to service designs with citizens," he said.

Rather than soliciting feedback or generating ideas in conventional round-table discussions, Weinlick puts Lego on that table and says "let's build models of our ideas."

He has since seen these methods effective in helping people articulate themselves.

SAFETY

MacEwan launches plan to end sexual violence

A new campaign from MacEwan University is making it clear sexual violence has no place on campus.

The "No Place Here" campaign launched Wednesday will include sexual violence education and training for students, security, faculty and front-line staff at the university.

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Harper tries to stay calm as supporter heckles media

metr The Syrian Crisis
Political Fallout

Tory leader takes queries about stance on calamity

A Conservative supporter at a Stephen Harper campaign event heckled a reporter Wednesday who was asking about the government's handling of the Syrian refugee crisis.

The government's response of the crisis is now front and centre in the federal election campaign.

The catcalls came in Welland, Ont., as the Conservative leader was taking questions from journalists, almost a week after the world was riveted by the image of a dead Syrian toddler on a Turkish beach.

A low, collective groan was heard in the crowd before a lone voice was heard to say: "How many kids drowned in pools in Canada this past summer? Do you blame the government for that?"

Three-year-old Alan Kurdi drowned along with his five-year-old brother Ghalib and

BACKGROUND

Liberal Leader Justin Trudeau noted on Wednesday the government of his father, Pierre, did not let security concerns prevent him from "welcoming in thousands upon thousands of Ismaili refugees fleeing Idi Amin in Uganda" in the 1970s.



Stephen Harper speaks during a question-and-answer session with the Chamber of Commerce during a campaign stop in Welland, Ont., on Wednesday.

ADRIAN WYLD/THE CANADIAN PRESS

their mother, Rehanna, in their unsuccessful attempt to find sanctuary in Greece.

Harper tried to keep his daily question and answer session with journalists from going off the rails.

"OK, go ahead," he told the reporter, an awkward smile on his face, as the heckler kept speaking. "OK, OK. Go ahead."

The prime minister is under pressure to admit more refugees, and Harper said he will—but while taking care to avoid allowing terrorists from a war zone into Canada.

"This government is committed to acting, committed to bringing more people in, committed to expediting the



We are talking about a terrorist war zone a lot of people are coming from. We will make sure we are also protecting Canadians from the security risk.

Conservative Leader Stephen Harper

process. And frankly, I said this before this was in the headlines earlier in this campaign," he said.

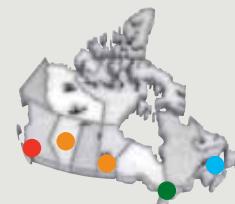
It wasn't the first time that hecklers have taken issue—not with Harper, but the questions he's been asked. The incident knocked Harper off message, just as it did in August when Conservative supporters heckled

reporters asking questions about the Mike Duffy fraud trial.

Prior to the incident, Harper spent almost an hour talking expansively about the economy in a controlled question-and-answer session with the Ontario Chamber of Commerce.

Harper, Liberal Leader Justin Trudeau and NDP Leader Tom Mulcair were all campaigning in

metr ELECTIONS 2015



The Federal Leaders are expected to be in the following locations Thursday:

- **Stephen Harper** will be in New Annnan, P.E.I.
- **Justin Trudeau** will be in Vancouver.
- **Tom Mulcair** will be in Winnipeg and Edmonton.
- **Elizabeth May** will be in Toronto.

HARDSHIP Refugee remains 'in limbo'

Hussein Rahim had already lost his cousin and uncle — one shot dead, the other missing — when he was arrested by military forces during a protest in his native Syria.

His family paid thousands of dollars for his release, but fear of being detained again as the unrest turned to armed conflict prompted him to seek asylum in Canada, he said in a recent interview.

Rahim thought his ordeal was over when he finally set foot in Toronto's Pearson International Airport in 2012, carrying a Greek passport he'd purchased in Turkey.

But three years later, the 35-year-old said he remains in limbo, his case unheard and his fate uncertain.

Worldwide attention has focused on the plight of Syrian refugees fleeing the war-torn country. Some have family members living abroad who are trying to sponsor from afar; others, like Rahim, take matters into their own hands. Either way is a difficult process.

Detained on arrival in Toronto for more than three weeks, Rahim said he was seen and freed by officials only after threatening to go on hunger strike.

But he has yet to be granted a hearing on his application, or even on an interim petition that would allow him to visit his ailing mother in Turkey, he said.

THE CANADIAN PRESS



I left the country because God knows what was going to happen if I stayed there.

Hussein Rahim



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No asylum in Hungary

metro The Syrian Crisis
The World Reacts

Migrants find little sympathy for their plight

A makeshift camp of thousands from the Middle East, Asia and Africa has been dismantled at Budapest's Keleti train station, and its inhabitants have left for Germany. But the loathing of them lingers in Hungary, which hopes to build a border fence strong enough to keep out future waves of asylum seekers.

"We need the fence," said Istvan Szabo, a 43-year-old lathe operator having a beer at a bar next to the station, where hundreds seeking refuge in the European Union still line up daily to buy tickets to Western Europe.

The tent city sprang up last month when the government blocked the asylum seekers from travelling by train to Austria and Germany. Authorities finally gave in last weekend and sent buses to take them to the border with Austria. Szabo, like many in this socially conservative land



Thousands of people, such as these at Roszke, Hungary, have continued to cross the border from Serbia over the past few days. DAN KITWOOD/GETTY IMAGES

of 10 million, says he doesn't understand why they've come.

"If they couldn't solve their problems back where they live, why do they think they're going to be able to solve them here?" Szabo said.

Such lack of sympathy is a striking feature of the massive march this summer from Turkey through southeastern Europe.

Many of the trekkers interviewed by The Associated Press say their worst experiences have

come in Hungary, where farmers hiss at them in disapproval and the government leaves their care mostly up to unpaid volunteers.

A recent opinion poll sponsored by the Budapest think-tank Republikon found that

just 19 per cent believe Hungary has a duty to take in refugees, while 66 per cent deem them a threat and should not be let in.

The findings reflect a country where ethnic minorities barely exist outside Budapest and right-wing beliefs dominate in small towns that strongly support the ultranationalist Jobbik party.

"Many Hungarians are racist. They lack self-confidence and see their identity under threat. And our government exploits these feelings to boost its own popularity," said Zsuzsanna Zschor, 36, who has helped lead volunteer efforts to give food, water, medical aid and other help to those passing through Hungary.

"It can be hard to convince Hungarians that these people don't want to take our jobs, our homes, our women, our dogs," she said, laughing at the absurdity of the idea.

"The government says they don't want immigrants here and they can't take our jobs away," said satirist Gergely Kovacs, a 35-year-old graphic designer. "But the truth is that nobody wants to come here."

THE ASSOCIATED PRESS

IN BRIEF

Camerawoman fired after caught on video tripping, kicking people

A Hungarian camerawoman for an ultranationalist online TV channel has been fired after reporters filmed her kicking and tripping migrants as they fled from police.

Tuesday's footage went

viral around the world within hours on social media. The N1TV channel's editor, Szabolcs Kisberk, said employment of the camerawoman, widely identified as Petra Laszlo, had been "terminated with immediate effect."

The footage trended on Twitter and was a favourite on YouTube.

THE ASSOCIATED PRESS

Denmark-Germany trains halted as refugee-seekers refuse to get off

All train services were halted between Germany and Denmark on Wednesday after Danish police stopped hundreds of migrants arriving by train across the border, Danish railway company DSB said. About 100 migrants who arrived from Germany refused to leave a train in the Danish port city of Roedby.

Under EU rules, people seeking asylum should do so in the first EU country they enter and not travel from one country to another. Many of the migrants say they want to go to Sweden, Norway or Finland, because they have relatives there or believe that the conditions for asylum-seekers are better.

THE ASSOCIATED PRESS

MANSLAUGHTER

Teen charged with encouraging suicide

At first glance, the text messages appear to show a disturbing case of cyberbullying: one teen urging another to kill himself.

But the texts were not sent by a school bully. They were from a 17-year-old girl to her boyfriend, whom she called the

love of her life.

"You can't think about it. You just have to do it. You said you were gonna do it. Like I don't get why you aren't," Michelle Carter allegedly wrote to Conrad Roy III the day he parked his truck outside a Fairhaven, Mass., Kmart

and killed himself through carbon monoxide poisoning.

Prosecutors have charged Carter with involuntary manslaughter in Roy's 2014 death. They say that in the week before Roy killed himself, Carter assisted by urging him to overcome his

doubts about taking his own life, pressuring him to do it and even telling him to get back in his truck he became frightened that the plan was working.

Carter's lawyer has strenuously denied that she pushed him to kill himself.

THE ASSOCIATED PRESS



Michelle Carter

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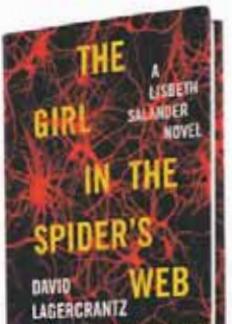
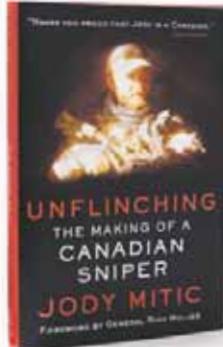
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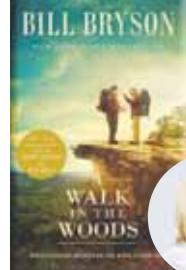
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Clerk to be paid for jail time

KENTUCKY

Another clerk tired of being confused with Kim Davis

An employee in the office of the Kentucky clerk who was released from jail after a five-day stint for contempt says workers there will issue marriage licenses Wednesday while their boss is still out of the office.

Lawyers for Rowan County clerk Kim Davis say she will return to work Friday or Monday. Davis has become a symbol of religious freedom for many as she defied court orders to issue marriage licenses to same-sex couples, citing her beliefs about homosexuality. She was released from jail Tuesday. A judge warned her not to interfere with licensing, but her lawyers wouldn't say what she'll do.

In the meantime, deputy clerk Brian Mason says the office will issue licenses in Davis' absence if anyone seeks them. Mason says that while Davis was jailed, the office issued 10 licenses: eight Friday, two Tuesday. Seven went



Kim Tabor, a clerk at the judicial centre in Morehead, KY, wears a T-shirt to work claiming she is not Kim Davis, the Rowan County clerk, on Wednesday. DYLAN T. LOVAN/THE ASSOCIATED PRESS

to same-sex couples.

To many, Kim Davis has become a household name. The clerk has garnered national attention for weeks for her refusal to issue marriage licenses to gay couples.

Just across the street from

her office, another local worker shares her first name — but Kim Tabor is tired of being mistaken for the embattled clerk, and she wants to clear up the confusion.

She made herself a bright orange T-shirt that announces: "Hello. My name is not Kim

Davis." Tabor works for the circuit clerk. She says people calling from all over the country have confused the two Kims and have misdirected their wrath toward Tabor.

Kentucky clerk Kim Davis can collect a paycheque for the days

she sat in jail and the week she's spending at home, resting and reading hundreds of letters from her fans.

Elected officials in Kentucky get paid whether they work or not. The state auditor's office confirmed that officials don't accumulate vacation, sick or comp time.

Rowan County Attorney Cecil Watkins said paid time off is left to the official's discretion and "voters will vote you out if you take too much."

Davis was sent to jail Thursday for defying a series of federal court orders and continuing to deny marriage licenses to same-sex couples. She was released Tuesday and announced she will not return to work until Monday.

Davis draws a salary of \$80,000.

Residents of the eastern Kentucky town where the county clerk was jailed for refusing to issue marriage licenses say they are eager for things to return to normal.

The jailing of Kim Davis forced residents of this eastern Kentucky community to confront each other with deeply held beliefs they had previously kept to themselves. THE ASSOCIATED PRESS

TEXAS

Cavity search reveals handgun

Police in Texas say they removed a loaded handgun from a woman's body during a cavity search.

Waco police Sgt. W. Patrick Swanton told the Waco Tribune-Herald that officers stopped a driver for a traffic violation late Monday and found methamphetamine inside the vehicle. A man and woman were arrested.

Swanton says while 31-year-old Ashley Cecilia Castaneda was being taken to jail, she told an officer she had a loaded .22-calibre semiautomatic handgun inside her vagina.

Swanton says officers called for a female officer, who retrieved the gun. Swanton confirmed the weapon was loaded.

Castaneda is charged with possession of methamphetamine and unlawfully carrying a weapon.

Thirty-year-old Gabriel Garcia faces the same drug charge. Both are in custody in lieu of bond. THE ASSOCIATED PRESS

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Suspect admits to role in shrine blast

BANGKOK

Man says he handed pack over to bomber

Police said Wednesday a key suspect in last month's deadly Bangkok blast has admitted he handed a backpack containing a bomb to a man in a yellow shirt who was later seen leaving a similar bag at a downtown shrine just before the blast occurred.

The account offered the first possible reconstruction of events leading to the Aug. 17 attack at Erawan Shrine, an unprecedented act of violence in the Thai capital that left 20 people dead and more than 120 injured. Authorities say they still don't know the motive but are also reluctant to call the blast an act of terrorism, which would harm Thailand's image as a tourist destination.

After an initial slow start, police have arrested two foreigners, raided two apartments on the outskirts of Bangkok where

they confiscated bomb-making materials and say they are looking for 10 other suspects. Several Turkish and Chinese links to the blast have boosted a theory that the bombing was to avenge Thailand's forced repatriation of more than 100 ethnic Uighurs to China in July. Uighurs are related to Turks, and Turkey is home to a large Uighur community.

One of the men in custody, identified as Yusufu Mierili, was arrested Sept. 1 near the Thai-Cambodia border carrying a Chinese passport and has confessed to playing a key role in the attack, police said. The passport indicated he was from China's

western region of Xinjiang, home to the Turkic-speaking Uighurs. His DNA and fingerprints were found in the two apartments police raided, including on a container of gunpowder in one of the apartments.

On Tuesday, police took Mierili back to the apartments and also to a chemical supply shop where he said he bought "four substances" used to make the bomb, national police spokesman Prawut Thavornsiri said Wednesday. He declined to say what the materials were or if Mierili is believed to have made the bomb himself.

A second day of re-enactments continued Wednesday, when police and commandos led Mierili in handcuffs and body armour to Bangkok's main train station and then to the site of the blast at Erawan Shrine.

Public re-enactments in front of the media are a common part of Thai criminal investigations, although they have been criticized for implying a suspect's guilt before a trial.

THE ASSOCIATED PRESS

CONTEXT

The Erawan Shrine is especially popular with Chinese tourists, feeding the idea that it could be a target for people who believe the Uighurs are oppressed by China's government.



Yusufu Mierili smiles on Wednesday near a Bangkok shopping centre during a re-enactment of the Aug. 17 bombing that left 20 people dead. MARK BAKER/THE ASSOCIATED PRESS

INDIA

Clerics condemn ISIL acts

More than 1,000 Muslim clerics in India have ratified a religious ruling that condemns the Islamic State of Iraq and the Levant (ISIL) and calls the extremist group's actions "un-Islamic," a top Indian Muslim leader said Wednesday.

Religious leaders from hundreds of Islamic mosques, education institutions and civic groups across India have signed the fatwa, or edict, saying the actions of the group go against the basic tenets of Islam.

The edict was issued by a leading Mumbai-based cleric and has been signed by the leaders of all the main mosques in India, which has the world's third-largest Muslim population.

"The acts of the Islamic State are inhuman and un-Islamic," Mohammed Manzar Hasan Ashrafi Misbahi said by phone. "Islam does not allow the killing of even an animal. What the Islamic State is doing is damaging to Islam."

Misbahi said the fatwa has been sent to the leaders of more than 50 countries, seeking their endorsement. THE ASSOCIATED PRESS

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Expanded vision

TECHNOLOGY

Apple unveils new TV system, smartphones and iPad Pro

Apple staked a new claim to the living room on Wednesday, as the maker of iPhones and other handheld gadgets unveiled an Internet TV system that's designed as a beachhead for the tech giant's broader ambitions to deliver a wide range of information, games, music and video to the home.

CEO Tim Cook and other executives also showed off two new iPhone models, a plus-sized iPad with detachable keyboard and updated software for the Apple Watch during an exhaustive two-hour event in San Francisco's Bill Graham Civic Auditorium.

Apple is counting on sales of



CEO Tim Cook introduces the new iPhone 6s and 6s Plus during a company showcase Wednesday in San Francisco.

STEPHEN LAM/GETTY IMAGES

the new iPhones to maintain its position as one of the most profitable, and valuable, com-

panies in the world.

But it's the new Apple TV system that some analysts point

to as an important step for the company as Cook attempts to build a business that doesn't rely so heavily on the iPhone.

For now, however, the iPhone is still Apple's most important product. Sales of the iconic smartphone contributed more than two-thirds of the Cupertino, Calif. company's \$107 billion in revenue during the first half of 2015.

Apple announced Wednesday that it will sell two new iPhone models, dubbed the 6s and 6s Plus, starting Sept. 25. They're roughly the same size and will cost the same as the record-selling 6 and 6 Plus models introduced last year, which will now sell for \$100 less.

The new iPhones will have more memory, faster processors, a new 12 mega-pixel camera, and the new "3D Touch" feature that will be able to distinguish differences in finger pressure on the screen.

THE ASSOCIATED PRESS

TRAVEL

Albertans fly less due to oil slump: WestJet

WestJet Airlines says fewer Albertans are booking flights because of the oil price slump.

While the Calgary-based carrier said it didn't see any signs of a slowdown in the first quarter, the situation worsened in the seasonally slower second quarter.

"We are seeing some softening in the Alberta market as

you would expect with what's gone on with the prolonged oil prices," Bob Cummings, executive vice-president commercial, told a Cowen and Company transportation conference in Boston.

About a quarter of WestJet's capacity originates from the oil-producing province.

THE CANADIAN PRESS

SOCIAL MEDIA

Instagram video ads extended

Instagram users have already been seeing more advertisements pop up in their feeds of artisanal cocktails, wide-eyed kittens and vacation photos, and now they can expect longer video ads in the mix too.

The Facebook-owned photo-sharing app is adding 30-second

video ads and other features in a push to give businesses more ways to tap the 300 million people who use it at least once a month. Previously, ads on Instagram were 15 seconds long.

Instagram said in a blog post that large and small advertisers will be able to run

campaigns on Instagram starting this month, and ads are now available in more than 30 new countries, including India, South Korea and Mexico. More than 70 per cent of Instagram's users are outside of the U.S.

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RETIREMENT PLANNING

Canadians' outlook bleak: Survey

A new survey suggests many Canadians are pessimistic about their financial futures and expect to work longer than originally planned before retiring.

According to the survey, released by the Canadian Payroll Association, three-quarters of working Canadians polled reported having put aside less than 25 per cent of the money they expect to need upon retiring.

And it says less than half of people even 50 and older have reached that threshold.

The survey, the association's seventh annual to mark National Payroll Week, also found that 35 per cent of respondents expect to work longer.

More than one in five employees surveyed said they will need to work four years or more than

they originally expected before retiring, citing a lack of sufficient savings as the main reason.

"They are not sounding very promising of what (their) future is going to look like," said association vice-chairwoman Lucy Zambon.

Although about half of workers expect to need more than \$1 million for retirement, 47 per cent are putting away just five per cent or less of their net pay.

Almost half of Canadians polled said they are living paycheque to paycheque and would find it difficult to meet their financial obligations if their pay was delayed by just a week.

The situation is worst in Ontario, British Columbia and Atlantic Canada.

Less than one quarter of respondents said they could probably not come up with \$2,000 if an emergency arose within the next month.

Some 36 per cent of working Canadians said they felt overwhelmed by their level of debt and 12 per cent doubted they'll ever be debt-free.

Overall, the survey results are stable from last year, but suggested that employees are losing confidence in the economy. Just 33 per cent expect it to improve in the next year, down from an average of 41 per cent over the past three years. The percentage of those who feel it will worsen has increased 10 percentage points to 27 per cent.

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CHANTAL HÉBERT: ON HOW HARPER MISSED THE MARK



“

Critics ... do not see the pursuit of the military engagement against Islamic extremists as a rationale to decline to resettle many more Syrian refugees in Canada.

It is not necessary to set one's watch on polls to see that Stephen Harper's business-as-usual reaction to the Syrian refugee issue has missed the political mark.

One look at the line-up of critics who are, to put it mildly, underwhelmed by his low-key response to the resettlement needs of hundreds of thousands of Syrian civilians driven out of their country by an ongoing civil war tells the story.

Unlike the opposition parties, more than a few of those critics actually support Harper's decision to sign Canada up for airstrikes against Islamic extremists in the Middle East.

Unlike the Conservative leader, they do not see the pursuit of the military engagement against Islamic extremists in the Middle East as an excuse or a rationale to decline to resettle many more Syrian refugees in Canada right away.

Retired general Rick Hillier served as the commander of the armed forces at the peak of the country's military engagement in Afghanistan. A dove he most certainly is not.

On his Facebook page this week, Hillier wrote: "I wonder why we, as the great country that we are, could not stand tall during these dark days for the hundreds of thousands of displaced souls who are fleeing, quite literally, for their very lives."

He believes Canada should try to bring in 50,000 migrants before the end of the year.

Barbara McDougall served as Secretary of State of External Affairs in Brian Mulroney's Progressive Conserv-

ative government. She, too, believes Harper has so far not risen to the challenge.

In an op-ed piece published on Tuesday in The Globe and Mail, McDougall wrote, "It is beyond time for Mr. Harper to recognize that every leader faces an unexpected moral choice that sometimes seems to come out of nowhere — and this is his."

Saskatchewan Premier Brad Wall is one of Harper's closest provincial allies. On the day after Harper argued for a stay-the-course approach to the refugee crisis last week, Wall tweeted: "SK can support more refugees. As a people & govt we will do our part for those fleeing war, tyranny for safe asylum."

Quebec Premier Philippe Couillard supported Canada's military participation

in strikes against Islamic extremists in the Middle East from the very start. He, too, is no dove.

His government wants to triple the number of Syrian refugees coming to Quebec. A number of other provinces, including Ontario, have similarly offered to do more. Couillard also decided to find out for himself just how difficult it is to sponsor a refugee family. He joined a group of his riding's constituents set up for that purpose.

Toronto Mayor John Tory — a former Ontario Progressive Conservative leader — has also signed up to help sponsor refugees. And he has been working with the mayors of Canada's other big cities to push to resettle more Syrian migrants in Canada. "As mayor of the most multicultural city, I

believe we should mobilize to sponsor Syrian refugees. This is who we are as Canadians," he explained.

Calgary Mayor Naheed Nenshi leads the city that is home to Harper's riding. On the weekend, he called the Conservative response to the migrant issue a "disgrace."

When he decided to stay the course on the refugee issue late last week, Harper knew he was walking into a fight with his opposition rivals.

He must have, at least initially, relished the prospect, for he could have instead taken up the other leaders on their unanimous offer to come together around a range of more proactive measures on the refugee front.

Harper called that a partisan game.

The refugee crisis appeared on the campaign radar at a time when the Conservatives were in dire need of a shot of momentum after a bruising first month on the hustings.

Since then, the party has dropped to third place in voting intentions in a number of polls.

Based on the recent past, the high road not taken would have led to greener pastures for the Conservative campaign. It was when he allowed Canadians to catch a glimpse of his non-partisan side, right after the Parliament Hill shootings, that Harper last caught a real break in voting intentions.

Chantal Hébert is a national affairs writer. Her column appears in Metro every Thursday.

THE MICROTREND: What's old is brewed again



North American craft brewers, whether they know it or not, are refreshing a centuries-old tradition by tapping the power of beer to raise awareness and funds for good causes. Proceeds from Ottawa-brewed Whipsnapper Sling support mental-health care, while Seattle's KEXP Transistor IPA is helping a college radio station stay afloat. It's a twist on a European medieval tradition, in which townspeople would gather around a communal cask and pay a fee to partake. A "help-ale" was for the unfortunate, a "church-ale" for building maintenance and a "bid-ale" to aid the bankrupt. A "bride-ale" would help a young couple set up a home — perhaps the origin of the "bridal" shower custom of today.

SOURCES: USA TODAY, MARRIAGE CUSTOMS OF THE WORLD

ROSEMARY WESTWOOD

metroview

Religious freedoms are not a get-out-of-work-free card



Was it a baptism?

Was it a boxing match? Press conference or religious rite?

By the way they played Eye of the Tiger and held Kim Davis' arms up high as a cross bobbed over the cheering crowd, the way she bent over with tears of ecstasy to be free from jail after refusing to grant gay people marriage licences in Kentucky — I really couldn't tell.

"I just want to give God the glory," Davis said. "We serve a living God who knows exactly where each and every one stands. Keep pressing; don't let down, because He is here. He is worthy."

You might have missed it, but she was really talking about gay rights there.

And as a Catholic, I've gotta say, she's dead wrong.

Religious freedoms aren't a get-out-of-work-free card. Your beliefs don't trump the rights of others.

Davis' job is to uphold the law in the U.S. The law says gay people can marry. That, unfortunately for her, is the end of it.

It's a different story for Charee Stanley, a Muslim woman who won't serve alcohol as a flight attendant because her faith prevents it. Given that some other flight attendant can easily pour the wine, her employer — whom she's now suing after she was suspended — should

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5

NEW FILMS BASED ON HOT BOOKS

For those who prefer a little CanLit with their popcorn, here are five festival circuit films with local literary ties

Sue Carter
For Metro Canada

For hardcore cinephiles, the Toronto International Film Festival marks the end of the summer's superhero season with its promise of future Oscar contenders and more "serious-minded" fare. As always, this year's festival circuit lineup offers plenty of brain candy for readers, with adaptations of novels by Martin Amis (London Fields), Colm Tóibín (Brooklyn), J.G. Ballard (High-Rise) and more. A handful of others have local ties.

1 Hyena Road There are few works that have attempted to capture Canadian experiences in Afghanistan, but multitalented actor-writer-director Paul Gross is doing both, by simultaneously releasing print and cinematic versions of his contemporary war story, *Hyena Road*. Gross, who also stars in the film, interconnects the stories of a Canadian intelligence officer and sniper with that of a Jihadist. Expect this to be a tough watch: Gross followed a similar structure for his 2008 film *Passchendaele*, which dug deep into the emotional being of those permanently scarred by the bloody First World War battle.

2 The Martian This year's outer-space blockbuster stars half of Hollywood, including Matt Damon, Jessica Chastain, Kristen Wiig, Chiwetel Ejiofor and Kate Mara. But it's also a fairy tale story for California debut writer Andy Weir — one with a Canadian twist. Before Random House and director Ridley Scott came a-calling with major book and film deals, respectively, Weir self-published his intergalactic saga, *The Martian*, on his website, where it was discovered and released as an audiobook by Podium Publishing, a small operation out of Newmarket, Ont.

3 Al Purdy Was Here It doesn't get any more CanLit than this tribute documentary to the late Al Purdy, who was dubbed the country's "unofficial poet laureate" when he died in 2000. The debut doc by former Maclean's film critic Brian D. Johnson features plenty of archival footage, luminaries such as Irving Layton, Margaret Lawrence and Leonard Cohen, as well as inspired performances by musicians such as Sarah Harmer, Bruce Cockburn and Tanya Tagaq. If you need a primer on the hard-drinking Bukowski-endorsed poet, find a copy of *Beyond Remembering: The Collected Poems of Al Purdy*.

4 Room The premise behind Emma Donoghue's 2010 international bestselling novel, *Room*, sounds like a sensational tabloid story: a five-year-old boy named Jack is held captive in a single room, innocently unaware there's an outside world, thanks to his fiercely protective mother. Yet, because of Jack's innocent narration and perspective, the book never veers into the horrific. While it's tough to imagine that the film, starring Brie Larson, could as effectively capture Jack's voice or the resilient parental bond, the great news is Donoghue also wrote the screenplay.

5 This Changes Everything Arguably one of the most significant books on climate change and corporate responsibility, Naomi Klein's award-winning volume *This Changes Everything: Capitalism vs. the Environment* gets a documentary treatment by her husband, director Avi Lewis. Shot in nine countries over four years, the companion film focuses on seven stories of inspiring frontline activists who are challenging failing economic models in an effort to radically change their own communities, and in return, the future of the planet.



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Small publishers shine on Giller list

LITERARY AWARD

Prize longlist features novels and short story collections

The 2015 Scotiabank Giller Prize longlist was announced yesterday — and along with some expected names there are a few surprises among the nominees for the \$100,000 award for the winner.

The announcement was made at McGill University in Montreal, the alma mater of the award's founder, Jack Rabinovitch, which was established in 1994 in memory of his wife, Doris Giller, a former books editor at the Toronto Star.

Small publishers made a strong showing with Windsor, Ont.-based Biblioasis claiming three of the 12 spots on the longlist.

"I'm going to have to splurge for a bottle of something now," joked Dan Wells, owner of Biblioasis.

House of Anansi Press and Coach House Books each gar-

nered one book, while big publishers HarperCollins and Penguin Random House cleaned up the final seven spots.

Andre Alexis' *Fifteen Dogs* (Coach House), has also been shortlisted for a Toronto Book Award. He was previously nominated for the Giller for his 1997 novel *Childhood*.

Michael Christie for his novel *If I Fall, If I Die*, (McClelland & Stewart); his first novel, *The Beggar's Garden*, made the longlist in 2011.

Rachel Cusk, a Canadian-born writer who works and lives in the U.K., is nominated for her novel *Outline* (Harper Perennial, an imprint of HarperCollins)

Marina Endicott for her novel *Close to Hugh*, (Doubleday Canada). This is a repeat showing for Endicott: her second novel *Good to a Fault* was shortlisted for the prize in 2008.

Saskatchewan writer Connie Gault is on the Giller list for the first time with her second novel *A Beauty* (McClelland & Stewart).

Clifford Jackman was nominated for his novel *The Winter Family* (Random House Canada)

an allegorical Western story.

Patrick deWitt's nomination for *Undermajordomo Minor* (House of Anansi Press) follows the massive success of his second novel *The Sisters Brothers* in 2011, which also made the Giller list.

Arvida by Samuel Archibald, translated from the French by Donald Winkler, *Confidence*, Russell Smith's short story collection and Martin John a novel by Anakana Schofield, were all published by Biblioasis. While this isn't the first time one of their books has been nominated for the Giller, having three on the list is a very strong showing.

"I think our list, book for book is up with the best every year whether it makes an awards list or not.

"What it means for us is that we can do more for our books, people will be more open to discussing them and reading them and giving them a chance in ways they wouldn't have beforehand. It increases our opportunities to promote these books and that more than anything is what I'm grateful for," he added.

TORSTAR NEWS SERVICE



Patrick deWitt arrives for the Giller Prize awards in Toronto, November 8, 2011. CHRIS YOUNG/THE CANADIAN PRESS

BOOKS

Additional nominees

- Heather O'Neill was nominated for her story collection *Daydreams of Angels* (HarperCollins), marking the second year in a row for her; her novel *The Girl Who Was Saturday Night* was shortlisted for the 2014 Giller Prize.
- Alix Hawley was nominated for her book *All True Not A Lie In It* (Alfred A. Knopf Canada) which tells the story of Daniel Boone — in the first person. In a Torstar News Service interview earlier this year, Hawley said of her interest in Boone: "(His) name is known by everybody and nobody really knows what he did and so little remains of him. So it made me wonder how does that trace get left?"

The prize shortlist will be announced in Toronto on Oct. 5, while the winners will be announced live on CBC on Nov. 10.

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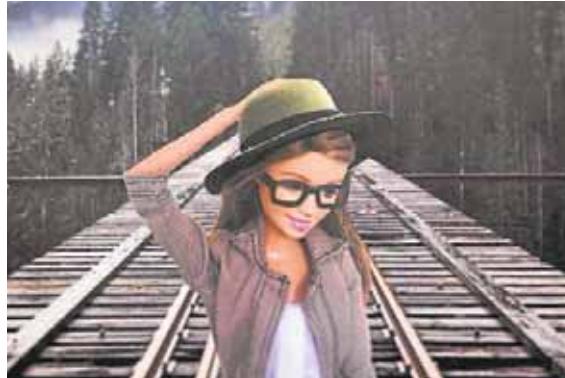
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INSTAGRAM

Sick of latte shots, photog starts parody account

Irene Kuan
Metro | Canada

The folks at Mattel may want to capitalize on this idea for their next Barbie doll.

A parody account called Socality Barbie, a.k.a. Hipster Barbie has blown up over the Internet, amassing more than 900K followers on Instagram with

her cool style, #liveauthentic nature shots, deep thoughts and perfectly posed photos of latte art, ice cream art and outfits of the day.

The account was created three months ago by a Portland, Oregon-based wedding photographer, who started Instagramming pics of an intricately posed blonde Barbie dressed in the latest hipster-fashion finds. Think Filson backpack, Warby Parker glasses, crochet beanie and a Pendleton blanket.

She's often pictured in front of scenic nature backdrops, in

cafes with a birds-eye view of her latte, and accompanied by a purposely annoying, snide caption.

The creator, who wants to remain anonymous, said she made the account to "show how ridiculous social media has become."

"I was getting tired of seeing people taking the same pictures, in the same places, and using the same captions while hash tagging #liveauthentic," she said.

Hipster Barbie's profile describes her as living "That PNW

WISDOM
She's providing her followers valuable life lessons like Rule 1: 'Gram your coffee or it didn't happen.'

(Pacific Northwest) Life, and says she is an adventurer and coffee drinker who puts her faith in Jesus.

Barbie's life includes #exploring and #exploringmore, contemplating life through her travels and finding beauty and creativity in every moment of life.

However, if you read her Instagram captions closely, you can tell the account is mocking social-media crazy millennials and their ideas of "deep" thoughts and living that authentic life.

Check out the account. Are you slightly jealous her Instagram pics are so much better than yours?

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GOSSIP BRIEFS

**Sienna Miller's highs and lows**

Sienna Miller just needs to vent, OK? The actress and new mom — who recently split from the father of her young daughter, Tom Sturridge — gets refreshingly candid with British Vogue about how taxing it all can be.

"Obviously when you have a baby it's the most incredible experience but your life is also catapulted

into this chaos and you are exhausted. I could literally get on this table and fall asleep," she says. "That's the curse of motherhood— we just run ourselves ragged. I'm just trying to get a sense of what that guilt is. I sometimes feel like it's a totally invented emotion. It's strange to be punishing ourselves this way. It's not healthy."

And as for her feelings on Sturridge? Well, it's not much sunnier — but at least her career is on track. "It's been really quite overwhelming recently, just with the volume of everything going on," she admits. "Everything is shifting. It's actually been the s—t year, and amazing. It's always yin and yang. I feel like if you're excelling in one area, it's hard to manage both and I do feel like the work is going really well."

NED EHRBAR/FOR METRO

ROMANCE

Stefani-Shelton hookup?

There's a delightful kind of symmetry in this new gossip item about The Voice hosts Gwen Stefani and Blake Shelton possibly becoming an item in the wake of both of their divorces. It's all just so streamlined and convenient. I love it. "They're really into each other. Let's face it, they were both unhappily married when they met," a source tells In Touch. "Now their divorce proceedings are something they can talk about and commiserate over."

And apparently they've been doing more than just commiser-

ating. While it seems mildly terrifying for the singer of No Doubt to be getting down with country star Shelton, apparently he's completely smitten with her. Shelton "is in awe of her career, talent and business savvy," the source explains.

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Ellen's American Idol stint her 'worst decision'



Ellen DeGeneres told Howard Stern that she 'hated' her time as a judge on American Idol. GETTY IMAGES

CONFessions

Former judge isn't the first to speak ill about time on show

Ned Ehrbar
Metro | Hollywood

Regrets, Ellen DeGeneres has a few. And chief among them? Agreeing to be a judge on

American Idol back in 2010.

"That's one of the worst decisions I've made," DeGeneres tells Howard Stern during an interview, admitting that she "hated" her time on the show.

And she's not the first former judge to speak out about the show.

In May, Mariah Carey admitted during a radio interview that her ten-

ure on the hit reality show was pretty terrible, too. "That was the worst experience of my life," Carey said. "I'm not going to get into what it was, but let's just say I don't think they had any intentions for us to have a good experience doing that show."

Yikes. Good thing it's ending after the upcoming season, yeah? So what is it about the show that made these folks so unhappy? Could it just be that, thanks to the tone set by Simon Cowell, everyone comes away with a tendency toward hyperbole? That's just the worst.



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What they're asking

This week we picked a selection of three-bedroom resale homes in quiet neighbourhoods, suitable for growing families. These newer homes are located in residential neighbourhoods just outside the city core.

Duncan McAllister FOR METRO

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This two-storey home in Lakeland Ridge is located on a quiet street at 2020 Christopher Close. The main floor is bright and open with large windows, with main-floor laundry and a walk-through pantry. Many upgrades throughout the home include nine-foot ceilings, quartz countertops, appliances, lighting fixtures and window coverings. The backyard has a two-tiered deck, and there's a spacious garage. The home is located near walking trails and schools. Jeremy Amyotte is a sales representative with RE/MAX Elite, 780-232-7170.



\$399,900

Halifax

Here's a custom, two-storey home in the Waverley neighbourhood. The home features soaring ceilings and a wall of corner windows. The main floor provides a formal sitting area with two-sided fireplace, and a modern kitchen with upgraded stainless steel appliances. A large master bedroom has a five-piece ensuite plus a walk-in closet. There's a backyard deck and double garage. The listing agent is Thomas Bagogloo from the Bagogloo Team, Re/Max nova, 902-830-9006.



\$404,900

Winnipeg

Here's a nearly-new, 1,600-sq.-ft., two-storey home ready for possession in the Waverly West neighbourhood. It features an open, bright plan with maple island kitchen and a large dining room with patio doors to future deck. There's a main-floor laundry, oversized master with four-piece ensuite and a large walk-in closet, and landscaped front and back yards. Listing agent David Heinrichs is a sales representative with Royal LePage Dynamic Real Estate, 204-479-9222.



\$409,900

Calgary

Featured is a detached, two-storey home in the Copperfield neighbourhood. Located across from a playground on a quiet street, the home offers numerous upgrades including hardwood floors, nine-foot ceilings and stainless steel appliances. The main floor offers a spacious great room with gas fireplace, and large kitchen with lots of counter space. The yard is landscaped and fully fenced. Tim Lind is a sales representative for RE/MAX Real Estate (Mountain View), 403-333-0837.



\$1,698,000

Vancouver

For sale is this West Coast contemporary home in Burnaby that offers more than 2,400 sq. ft. of living space, with nine-foot ceilings throughout. Interiors feature custom cabinetry, Italian ceramics and Jenn Air pro series appliances. There's also radiant floor heating on all three levels, a Yamaha sound system and LED lighting. The location is steps to local eateries, cafés, schools and shopping. The listing agent is GianCarlo Cerminara with RE/MAX Central, 604-433-2211.



\$699,000

Toronto

This home is located on a quiet little street in the east end. It's a renovated, three-bedroom house with hardwood floors and pot lights. Extras include a fridge, stove, built-in dishwasher, washer, dryer, all window coverings and natural gas barbecue. The area has great schools and activities for young children. It's a short walk to Woodbine Beach, Kew Gardens and the TTC. Listing agent Ira Jelinek is with Harvey Kalles Real Estate Ltd., 416-464-1022.



\$949,000

Ottawa

For sale is this custom-designed Houry Avedessian executive home built by West Hill Homes, in the Westboro Beach neighbourhood. There's 2,100 sq. ft. of living space, a garage and finished lower level. The open-concept living areas have nine-foot ceilings on the main level, glass staircase and Deslaurier kitchen with quartz countertops. There's a private landscaped outdoor space with deck. Listing agent Kerry Millican is a sales representative with Royal LePage Team Realty, 613-729-9090.



Brit chic at home

Karl Lohnes
For Metro Canada

As of yesterday, Queen Elizabeth II officially became the longest-reigning monarch in British history. Her 63 years and seven months on the job has officially surpassed the reign of her great-great-grandmother,

Queen Victoria. With a record like that it's only fitting we celebrate in the home with some British decor inspiration.

1



2



3



1 London Fridge Decal by ADZIF

Add some whimsy to an old fridge with vinyl covering that helps take your little kitchen to London-Town. \$65, HomeDepot.ca

2 Union Jack 20" Decorative Pillow

British pride mixes with luxurious chenille. \$15, BedBathAndBeyond.ca

3 Afternoon Tea — Cream wallpaper

Spice up a wall in the kitchen or the interior of an old jam cupboard. \$60/roll, GrahamBrown.com

4 Crown 2-Tier Server

Adding style to afternoon or high tea. \$60, Pier1.ca

5 1p Stamp Rug

It's handmade art for the floors. From \$1,500, StampRugs.com

6 36x52 Queen Red

Life-like in size, the Queen takes on a modern-day feel. \$695, EliteMKT.com



5



6



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Is a mortgage broker right for you?

MONEY MATTERS

A big decision sometimes means help from an expert

Liz Brown
For Metro

Shopping for the largest loan of your life is a daunting process.

Obtaining the right mortgage for your personal situation requires plenty of research, comparison shopping and negotiation. And in some cases, you may want to bring in an expert to help — a mortgage broker.

Mortgage brokers work for homebuyers to find the best mortgages for their clients. Often homebuyers think the best mortgages are the ones with the lowest interest rates, but a good broker does more than that.

"It's not just about rates anymore," said Jessi Johnson, a Vancouver-based mortgage broker. "There are so many additional services a good broker will provide."



There are many services a broker will provide beyond finding the best mortgage rates. SHUTTERSTOCK

Brokers can do annual or semi-annual reviews of their clients' mortgage situation, discuss long-term goals and help with annual credit checks to ensure their credit is still clean.

"They are a debt manager," said Johnson.

"We also regularly look at mortgage rates," he adds. For example, a 10-year-term mortgage that was a good deal at

3.89 per cent two years ago isn't such a good deal today. Johnson helps clients break and renegotiate these loans. "The last client I did it for, I saved them \$30,000," he said.

In most cases, the lender is the party that pays the broker fee, not the homebuyer. "So instead of spending money on advertising to attract a homebuyer, the lender will just pay

Variety of options: Make your payment plan right for you

When deciding on a mortgage, there's myriad of payment options that lenders offer to homebuyers, and all of them come with pros and cons.

Terms like "accelerated bi-weekly payments" get tossed about by budget gurus who advocate paying a mortgage down as quickly as possible. And while it's a good idea to get the mortgage monkey off your back sooner rather than later, an aggressive payment schedule doesn't necessarily work for everyone.

"It all depends on your cash flow," said Olayinka Brimoh, a Winnipeg-based mortgage planner with Mortgage Architects. "If you get paid biweekly, it's better to set your payments as biweekly. If you get paid monthly, set your payments to monthly. It's what works best for your budget."

Pat Giles, associate vice president of real estate, secured lending for TD agrees.

"A payment plan is really personal and unique to you — and will in large part depend on your income and how you manage your finances."

For first-time homebuyers, Giles recommends setting a budget and payment plan and then taking it for a "test drive"

by setting aside that amount on a payment schedule in a high interest TFSA. "This two-fold approach allows you to see how comfortably you can pay off the mortgage while also helping you save for a larger down payment," he said.

Clinton Wayne, a Toronto-based mortgage agent with Mortgage Edge, advises his clients to play it safe and always opt for a monthly instead of biweekly payment. "It's true you end up with an extra payment at the end of the year when you pay biweekly, but those biweekly payments come up pretty fast if there's a disruption in pay," he said.

According to Wayne, the cost of missing one of those biweekly payments negates the yearly savings of opting for a more accelerated payment plan. Instead, Wayne advises his clients put aside that extra payment in a TFSA and when they have saved a sufficient amount, put it on the mortgage as a lump sum payment.

"The money is better in your pocket than in the pocket of the bank," he said.

"Naturally, we all want to be mortgage free, but we also don't want to be stressed about mak-



While it's a good idea to pay off your mortgage sooner rather than later, an aggressive payment schedule doesn't necessarily work for everyone. SHUTTERSTOCK

ing the payments," adds Giles. "It's important to ensure you are taking thorough inventory of all of your monthly expenses while

also continuing to put money aside for future savings and unexpected expenses."

LIZ BROWN/FOR METRO

the broker to bring the client to them," he said.

While brokers can do much of the legwork for homebuyers, banks have made it more convenient for homebuyers to shop and compare mortgages as well.

At TD, homebuyers can consult with a mobile mortgage specialist who will come right to their homes to assist them in selecting the mortgage that is right for them, a service that many mortgage brokers provide as well.

"They will meet when and where it is convenient for you and offer you lending expertise and knowledge," said Pat Giles, TD's associate vice president, real estate secured lending.

Ultimately, the decision to use a mortgage broker or go directly to a bank and negotiate yourself depends on the amount of time and research you are willing to invest. But if you do decide to use a mortgage broker, Johnson recommends asking if they are an AMP (accredited mortgage professional), which means the broker has professional training and at least two years' experience in the industry.

PAYMENT

Find ways to chip away at mortgage

Most homeowners dream of the day they can burn those mortgage papers and be free of cumbersome house payments.

The typical mortgage is amortized over 25 years, but that doesn't mean you need to spend two and a half decades paying down your debt. With some careful budgeting and negotiation, there are plenty of ways to chip away at your mortgage faster.

"It's common knowledge that paying down a debt faster is going to save you money over time," said Jeffrey Schwartz, executive director of the Toronto-based Consolidated Credit Counseling Services of Canada. "If you have less money outstanding over a shorter period of time, you're going to be paying less interest."

The first logical way to shorten the life of a mortgage is to start with a larger down payment.

"The larger down payment, the less you'll need to borrow, which saves money in interest payments over the long term," said Pat Giles, associate vice president of real estate secured lending at TD. "With a larger down payment buyers may also qualify to save on mortgage insurance premiums upfront."

Another strategy is to 'round up' your mortgage payments. So if your payments are \$1,345 monthly, round them up to an even \$1,400.

"Even though you think that might be less than what will make a dent, if you do it over time, this can save you thousands of dollars in interest," said Schwartz.

Most mortgages have options for making annual lump sum payments of up to 15 or 20 per cent of the mortgage, so taking financial windfalls like a bonus or large tax refund and putting it towards these lump sum payments will also shrink your mortgage faster.

There are also options to make mortgage payments on a more frequent schedule, such as biweekly and weekly. These can add another entire month of mortgage payments to your debt over the course of a year.

LIZ BROWN/FOR METRO

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metro SPORTS

CBS announcers promise stats will be used only to enhance NFL broadcasts, not inundate viewers



Red Sox light up Blue Jays

MLB

Ortiz homer has him getting close to 500

David Ortiz hit his 498th career home run, a three-run shot to cap a four-run third inning, and the Boston Red Sox beat AL East-leading Toronto 10-4 on Wednesday night, sending the Blue Jays to just their second series loss since late July.

Mookie Betts had a solo homer and drove in three runs, and Ryan Hanigan had three hits and three RBIs for Boston, which posted its ninth win in 13 games by taking two of three from Toronto.

Despite the loss, the Blue Jays maintained a 1-1/2 game lead over New York, which lost 5-3 to Baltimore. Toronto heads to Yankee Stadium for a four-game series, beginning Thursday night.

The Blue Jays are 28-9 since July 30, going 9-2-1 in 12 series.

Joe Kelly (10-6) won his eighth consecutive start, the longest stretch by a Boston pitcher since Hall of Famer Pedro Martinez won nine straight in 1999.

Ortiz drove a 2-0 fastball

WEDNESDAY In Boston

10
REDSOX **4**
BLUEJAYS

from Drew Hutchison (13-4) into the bleachers in centre field. It was his 32nd of the season, and 59th in his career against the Blue Jays, most by any opponent. He's looking to become the 27th player all-time with 500 homers.

Kelly gave up one run and six hits in 5-2/3 innings.

Toronto's Edwin Encarnacion had an RBI single and reached base for a club-record 39th straight game, surpassing Carlos Delgado's 38 in 1998. Chris Colabello hit a three-run homer.

Hutchison was tagged for six runs and six hits in 3-1/3 innings for his second straight rough outing. He gave up six runs in five innings in a loss at Baltimore last Friday.

Betts and Hanigan had RBI doubles in the fourth. Hanigan's two-run double keyed a four-run fifth.

Betts had an overturned replay review for his homer.

THE ASSOCIATED PRESS



Red Sox second baseman Dustin Pedroia tags out the Blue Jays' Josh Donaldson in Boston on Wednesday night. MADIE MEYER/GETTY IMAGES

IN BRIEF

Canada one win away from qualifying for Rio

Canada tuned up for the semifinals at the FIBA Americas championship by defeating the Dominican Republic 120-103 for its seventh straight win at the tournament.

Cory Joseph had 17 points and seven assists and Kelly Olynyk had 13 points and nine rebounds in Canada's second-round finale.

Canada (7-1) has an off-day Thursday before Friday's semifinal, which will essentially be like a championship game. The top two teams at the tournament will earn berths to next summer's Olympic Games. THE CANADIAN PRESS

Mets' Harvey could face Yanks, Nats in stretch run

The plan for Matt Harvey down the stretch could include him starting for the New York Mets in games against the New York Yankees and Washington Nationals.

Mets general manager Sandy Alderson also said Wednesday that the NL East leaders haven't determined how they might use Harvey beyond that in the post-season, if they get that far.

Harvey has thrown 171-2/3 innings this year, his first season since undergoing Tommy John surgery in 2013. Harvey and the Mets want to keep his innings count around 180 to 185 for the regular season. THE ASSOCIATED PRESS

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 \$15,988 #14A9260	 \$16,988 #14B6444	 HEM/ LEATHER/ SUNROOF \$17,988 #10T0522	 \$17,988 #14A5175
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 NEW CAR \$19,988 #15B1004	 \$20,988 #05B88539	 \$22,988 #15B1101	 \$23,988 #13T6253
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 \$9,000 #2015	 \$9,200 #2015		



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Start of season a relief for Brady and Co.

NFL

Super Bowl champ Patriots open campaign vs. Steelers

The New England Patriots' fourth Super Bowl banner will be unveiled at Gillette Stadium on Thursday night.

The fans will have their first chance to shower quarterback Tom Brady with adulation since a federal judge vacated the four-game suspension he was handed in the NFL's botched Deflategate investigation.

Oh, yeah, they'll play an actual football game, too.

Seven months after claiming the franchise's fourth NFL title, the Patriots return to the field for the season opener against the Pittsburgh Steelers in the league's annual kickoff game.

Even for a team that's made its reputation on avoiding distractions, the competition will provide a welcome relief from a summer of talk about deflated footballs and the ideal gas law.

"It's time for me to do my job," Brady said this week when he spoke to reporters for the first time since the news conference for his third Super Bowl MVP award.

"Anything that's happened over the last seven months



It's time for me to do my job.

New England Patriots QB
Tom Brady

SUSPENDED

Steelers All-Pro running back Le'Veon Bell and wide receiver Martavis Bryant are among the 26 players who will begin the season on suspension.

Both players violated the league's policy on substance abuse. Bell will miss the first two games, while Bryant has been docked four games.

really wasn't my job. This is what my job is, to go out there and try to be a great leader for our team, to try to go out and execute the plays that are called and execute them at a high level. That's where my focus is."

The victory for Brady and the players' union left Steelers quarterback Ben Roethlisberger with mixed emotions.

"I still have a ton of respect for Tom. I think he is the best in the business. If you want to be the best you have to beat the best," he said. "Yeah, of course one part of you doesn't want him out there because he is the best in the world, but a bigger part of you as a competitor wants him out there because he is the best."

NFL commissioner Roger Goodell, the focus of Patriots fans' anger during the Deflategate investigation, will skip the opener.

"He believes that the focus should be on the game on the field and the festivities celebrating the Patriots' Super Bowl championship," league spokesman Brian McCarthy said. THE ASSOCIATED PRESS



Tom Brady will begin the regular season on the field after his four-game suspension was overturned last week. MADDIE MEYER/GETTY IMAGES

IN BRIEF

Shady 'good enough to go' for Bills in Week 1

Though saying the injury to his left hamstring injury has not entirely healed, running back LeSean McCoy is ready to make his much-anticipated Bills debut in Buffalo's opener against Indianapolis on Sunday.



LeSean McCoy
GETTY IMAGES

"I'm ready to go," McCoy declared following practice Wednesday. "I'm not sure I'll be exactly 100 per cent. But I feel good enough to go out there and compete."

The Bills acquired the NFL's 2013 rushing champion in a trade with Philadelphia during the off-season.

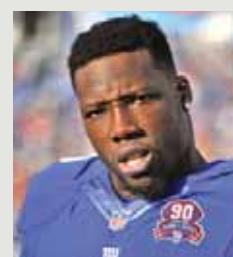
THE ASSOCIATED PRESS

No timetable for return of Giants' Pierre-Paul

Two-time Pro Bowl defensive end Jason Pierre-Paul is not ready to play for the New York Giants.

Coach Tom Coughlin announced the decision Wednesday after the team examined the right hand that Pierre-Paul injured in a fireworks accident on the Fourth of July holiday. Coughlin says there is no timetable for his return.

THE ASSOCIATED PRESS



Jason Pierre-Paul
GETTY IMAGES

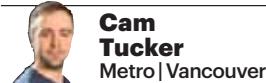


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Bet on NFL fans to raise stakes

Odds are pretty good that, over the course of this football season, Canadians tuning in to North America's most popular spectator sport will pour more money into wagers — both legal and otherwise — than they have ever before

 **Cam Tucker**
Metro | Vancouver

A pint of beer sits in front of Owen Munro. A man behind the bar flips the channel to the beginning of the Seattle Seahawks' final exhibition tilt.

The National Football League — so popular among sports fans, including those in Canada who place wagers legally through provincial lottery corporations or illegally through bookies and offshore websites — is back.

Munro, 22, has been betting on football from the time he became the legal age to do so. He won his first-ever bet — \$75 from a \$20 wager — and he's been doing it consistently for three NFL seasons ever since.

"It's a lot of fun," Munro tells me. "I wouldn't say an addiction, so much. It's a hobby, I guess."

But for Ryan Boyd and John Makrigiannis, betting on football is more than just a hobby. Their decisions are calculated, their emotional attachment diminished if not completely abandoned.

The duo has gone from merely betting on NFL games to launching their own interactive "fanalytics" website, FootballEngineer.com, which allows subscribers to create player rankings and team projections.

The business of betting on the NFL is big in Canada, even though the league doesn't have a team in this country.

The B.C. Lottery Corporation is predicting that the amount of money legally wagered through the corporation on NFL games this upcoming season will surpass the roughly \$13.9 million



Pittsburgh Steelers quarterback Ben Roethlisberger passes against the Buffalo Bills during a pre-season NFL game on Aug. 29. Gamblers all over North America will be watching closely when the Steelers open their NFL season tonight against the Patriots.

GARY WIEPERT/THE ASSOCIATED PRESS FILE

in legal bets placed over the last season, according to a spokesperson.

And, in Ontario, the business is far bigger. A representative of the Ontario Lottery and Gaming Corporation told me that from April 2013 through March 2014, \$82.3 million out of about \$282 million in legal, OLG-administered sports betting was wagered on the NFL.

"It's an ongoing soap opera and it culminates every Sunday," says Randall the Handle, one of Canada's best-known sports prognosticators, who



I think most people, if they have a choice between doing something legally and doing something illegally ... would usually choose legally.

Bill Rutsey, CEO, Canadian Gaming Association

has used his pseudonym since the 1980s.

"Football's always been the No. 1 betting sport in North America, but it's grown even more over the last five to 10 years."

Not all bets on the NFL are done legally, however.

The Canadian Gaming Association issued a statement prior to the 2015 Super Bowl, stating it estimated \$150 million would be wagered illegally on the big game in Canada, compared to \$3 million in legal bets.

Bill Rutsey, CEO of the CGA, points to the fact that single-event betting is against the law in Canada as a key reason why some people opt to throw money down illegally.

In 2011, Joe Comartin, an NDP MP for Ontario's Windsor-Tecumseh riding, introduced Bill C-290, which would do away with the ban on single-event betting.

The bill passed in the House of Commons but has remained in the Senate, virtually untouched since October 2014.

"I think most people, if they have a choice between doing something legally and doing something illegally, I think would usually choose to do something legally," Rutsey says.

"I'm not suggesting that every single dollar is going to come from the underground economy to the legal economy, but I would say a great ... portion of it will."

While betting on the NFL remains popular, fantasy sports pools, particularly in football, have experienced a meteoric rise.

Citing numbers from an Ipsos Public Affairs poll, the Fantasy Sports Trade Association in June reported that there are now more than 56 million people in Canada and the U.S. playing fantasy sports.

The organization touts football as the favourite sport among players, at a 73 per cent participation rate.

Vancouver-based sports marketing guru Tom Mayenknecht said the NFL has been successful in attracting the demographic



Ryan Boyd, left, and John Makrigiannis have started their own website, FootballEngineer.com, as an interactive tool for football fans to create their own NFL player rankings and team projections. CAM TUCKER/METRO

THE SPREAD

In practice the point spread is simple to understand: if Minnesota is favoured by 7-1/2 over New Orleans, then Vikings supporters must see their team win by eight or more to cash in, while Saints fans are happy if Minnesota wins by seven or less, or if the Saints pull an upset.

The rationale underpinning spreads is a bit more complicated. The essential idea is to account for the relative strength and weakness of teams, so as to produce a matchup in which the two sides are as close as possible to being equally valuable to bettors.

The spread is a cumulative calculation performed by small groups of people for a small group of sports books, explains Randall the Handle, a well-known Canadian sports prognosticator.

"Their objective, of course, is to draw equal activity on both sides of that point spread because they don't want the house to be exposed," he said. "Ideally they want 50-50 on the game and they earn a commission."

a \$10 bet on the Baltimore Ravens, at the 22-1 odds offered by VegasInsider.com.

"They're usually right there with New England and Pittsburgh," Munro says. "So at that odd set ... it seemed like a good bet to make."



Almost \$14 million in legal bets passed through the B.C. Lottery Corporation over the last NFL season.

JENNIFER GAUTHIER/FOR METRO

RECIPE Shrimp Couscous Salad with Chickpeas and Orange Dressing



EAT LIGHT AT HOME

Rose Reisman

rosereisman.com

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Ready in

Prep time: 15 minutes
Cook time: 5 minutes

Ingredients

- 1 cup chicken or fish stock
- 1 cup couscous
- 4 oz cooked, peeled shrimp, chopped
- 1/2 cup drained canned mandarin oranges
- 1/2 cup canned chickpeas, drained and rinsed
- 1/3 cup chopped green onions
- 1/4 cup raisins or dried cranberries
- Dressing
- 2 Tbsp thawed orange juice concentrate
- 2 Tbsp lower fat plain yogurt or sour cream
- 2 tsp olive oil
- 1/4 cup minced garlic
- 1/4 cup chopped fresh cilantro

Directions

1. In a small saucepan, bring stock to a boil. Remove from heat. Stir in couscous; cover and let stand for five minutes. Fluff with a fork. Transfer to a large bowl, and cool.
2. Stir shrimp, mandarin oranges, chickpeas, green onions, and raisins into couscous.
3. To make dressing: In a small bowl, whisk together orange juice concentrate, yogurt, olive oil, and garlic. Pour over couscous mixture; toss to coat. Garnish with cilantro.

Nutrition per serving (recipe serves 6)

- Calories 208
- Protein 10 g
- Carbohydrates 36 g
- Fibre 2.7 g
- Total fat 2.7 g
- Saturated fat 0.4 g
- Cholesterol 37 mg
- Sodium 229 mg

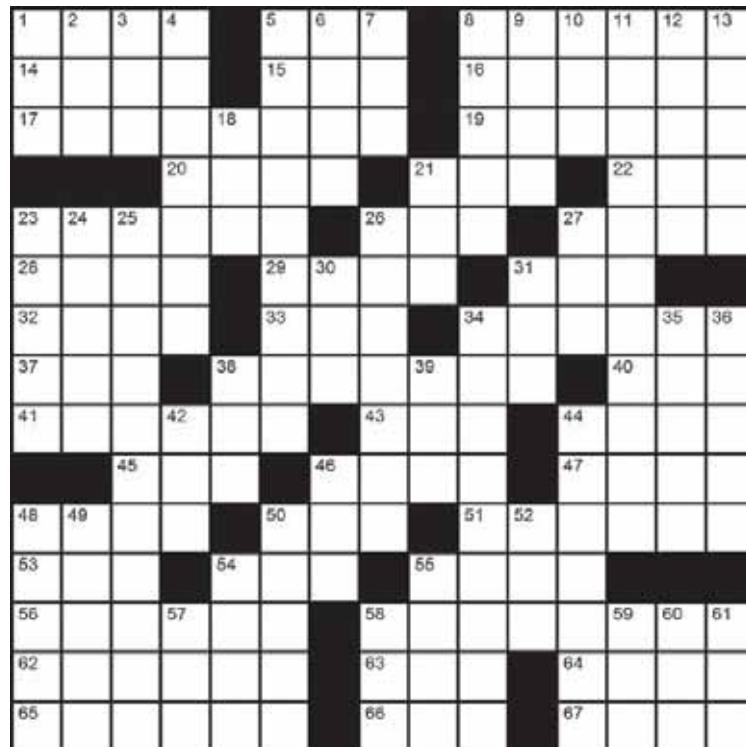
PHOTO: ROSE REISMAN

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. Gateway
5. Slick
8. "Superman" (1978) star Christopher, and surnamesakes
14. Harp, in Italy
15. Actor's hint
16. Mr. Grenier of "Entourage"
17. Finalist in the current Lay's "Do us a Flavour" chips contest: Cowboy _____. (The other three finalists are at #56-Across, #5-Down and #11-Down!)
19. The Marriage of ____ by Mozart, 1786
20. Mr. Lugosi
21. ____ & ____ (Telecommunications company)
22. Novel
23. Like many a climb's direction
26. '____ for Labrador'
27. Water's whirl-ee
28. Plane reservation
29. Above
31. Baby guitar
32. Mr. Solo of "Star Wars" (1977), and others
33. "K-____" (2001) starring Kevin Spacey
34. Ready-made, as some houses
37. Yore
38. "The ____ Brief" (1993) starring Julia Roberts and Denzel Washington
40. Function
41. Select an audio function
43. Hot beverage holder
44. Gremlins
45. "Rob ____" (1995)
46. Style
47. Encounter
48. Eve's guy
50. Sweetie
51. Matures, as a mango
53. CFL official
54. Daze
55. Willing's partner
56. As per #17-Across... ____ Chicken
58. When family sits at the dining room table
62. "____ Eleven" (2001)
63. Grampus
64. Russian river
65. Made over
66. Bowl-shaped
67. Search



67. Search
- 68.女神
69. Oui's meaning
70. Castaway get-away-ers
71. Revise
72. Energy unit
73. As per #17-Across... ____ de Montreal
74. Roman moon
75. Dog-____
76. Smidgen
77. Globe
78. Alphabetic trio
79. Hippity-hoppers
80. P.E.I. ____ Potatoes
81. ____ de Montreal (Montreal Smoked Meat)
82. Universal principle
83. Maintain the lawn
84. Dublin's country [abbr.]
85. Daisy ____ (Li'l Abner character)
86. Deer family member

87. Mr. Owl the Canadian bird
88. Snake-looking splasher
89. Televisé
90. One-named male vocalist
91. The Power of Positive Thinking author, Norman Vincent (b.1898 - d. 1993)
92. Like many hobbyist projects
93. Vocabulary
94. Just manage, ____ out
95. Mr. Kilmer
96. Pot
97. "____ Writer" by The Beatles
98. Tree beavers like
99. Trumps
100. Jimmy
101. Cow's wad
102. "Papa-____Mow-Mow" by The Rivingtons
103. Momentum
104. Be a ham for the cameras
105. Ann ____ Michigan
106. Tie score in tennis
107. Western movie animal
108. Unwell
109. "Twin Peaks" actress Sherilyn
110. 'Air'-meaning prefix
111. Universal principle
112. Maintain the lawn
113. Dublin's country [abbr.]
114. Daisy ____ (Li'l Abner character)
115. Deer family member

* IT'S ALL IN THE STARS by Sally Brompton

♈ Aries March 21 - April 20

You will be required to put other people's desires ahead of your own. In fact, working with others will be a great deal of fun, both for them and for you.

♉ Taurus April 21 - May 21

Cosmic activity in your fellow Earth sign of Virgo will make it easy for you to take the risks you dream about but rarely have the nerve to try. Be your own boss and reap the rewards.

♊ Gemini May 22 - June 21

It will pay to go along with what other people want to do today. The more you bow to their wishes now the more likely they will be to support you later on when you want to do your own thing.

♋ Cancer June 22 - July 23

You will be inspired to visit new places and try out new things. You may not be the most adventurous of the zodiac but every now and again you go right the other way and make up for it big time. Such a time is now.

♌ Leo July 24 - Aug. 23

A money-making opportunity will come your way over the next few days but you must act quickly. You can and you must be more adventurous.

♍ Virgo Aug. 24 - Sept. 23

Decisions you make on the spur of the moment will work out well but make sure you know your limits. Don't make promises you can't keep. Think of your reputation.

♎ Libra Sept. 24 - Oct. 23

You need to confront and then deal with those nagging doubts and secret fears that have been holding you back. The more anxious you are the harder it is to think clearly.

♏ Scorpio Oct. 24 - Nov. 22

Any sudden and unexpected changes that take place around the time of Sunday's eclipse are sure to work in your favour. If you want to make a lifestyle change don't hang around and wait for approval.

♐ Sagittarius Nov. 23 - Dec. 21

You need to make more of the skills and talents you were born with. You must be more of a go-getter and self-starter between now and the end of the year. Use your imagination.

♑ Capricorn Dec. 22 - Jan. 20

You must be free to make your own decisions and to come and go as you please. Anyone who tries to limit you must be told in no uncertain terms to mind their own business — or else!

♒ Aquarius Jan. 21 - Feb. 19

Face up to what you fear the most. Trying to ignore what scares you won't work, so look it in the eye and refuse to be intimidated. Soon you will realize just how powerless it is.

♓ Pisces Feb. 20 - March 20

Try not to take it personally if someone you care for acts coldly towards you. They have some serious issues to deal with, so give them time, give them space, and they will be back to their old selves very soon.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

	1	8		
9	5	4		
3			1	
6	8	1		2
4			3	
8	7	4	9	
2			6	
8	9		1	
5	7			

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